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Issue 61 | Winter 2021

**NUTRI
GRAIN**



The Aussies
ALL THE HIGHLIGHTS

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Cover photo: Golden Girl Georgia Miller claims GOLD.

Photo: John Veage.

This page: UNSTOPPABLE Ali Daddy Day.

Photo: John Veage.



At the heart of the image



N.B. All photographs which appear in this magazine are taken by Harvie Allison Photography - unless otherwise stated.

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Crazy times folks but at least we got to hold our amazing “AUSSIES”.

This year saw us on the beautiful Sunshine coast where our clubs Maroochydore, Alexandra Headland, and Mooloolaba as always were the perfect hosts.

Sadly IRB's have been cancelled and Pool Titles delayed so I really wanted to share the highlights from “THE AUSSIES” to brighten you day.

Sorry of course if we missed your event, but with so many great athletes and sensational races we have just covered some of the highlights.

Our talented assistant editor Allie Britton has prepared great stories so please enjoy, for me and the team the flat surf was certainly challenging for photos but so many sprint finishes sure showed how many talented athletes we have across all divisions and disciplines.

Hopefully a HUGE summer coming up and the next edition of Surf Sports Mag will publish just before Xmas celebrating Coolie Gold, Nutri-Grain IronMan/IronWoman Series, Ocean Thunder Boats and the summer season opening.

In the meantime please stay safe in these crazy times and hope you enjoy this edition of the mag remember to keep smiling and see you on the beach ... Harv.

Harvie Allison Editor/Publisher

SSM

Above: Open Board Champ Matt Bevilacqua shows how it's done

IRONWOMAN

highlights

Walking off the beach with nine titles to her name, Georgia Miller truly was, unstoppable.

Story by Allie Britton
Photos by Harvpix

In 2019 Miller secured her first Australian Ironwoman title, she had won the 2018/19 Coolangatta Gold and took out the 2019/20 Nutri Grain Ironwoman Series.

A dream run, a rare triple crown and an accomplishment she didn't think she could ever top.

"Winning the triple crown was incredible, but this Aussies definitely topped that as I did something no one has ever done."

Claiming four individual titles, five team events and going back-to-back with her Australian Ironwoman title, Miller's successes have exceeded all of her expectations.

"It is more than I could have ever imagined," she said.

"I really had no idea how Aussies was going to play out and to walk off the beach with nine from nine, is so surreal, it's still sinking in!"

Beginning her collection of gold earlier in the week, Miller claimed victory in the Open Women's Belt >



It is more than I could have ever imagined.



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race, Board Relay, Ski Relay and Surf Teams, before teaming up with Maddy Dunn to secure another back-to-back victory in the Open Women's Board Rescue.

With five triumphs ahead of finals day it was evident that Millers Aussies preparation was second to none, resulting in a confident outcome.

"I think my confidence built over the whole week of racing, not just on finals day," she said.

"I had already grabbed some gold and anything after that was just going to be a bonus, so I put it all on the line and was really relaxed!"

Straight to the front on finals day, Miller claimed both the Open

Top: Emma Woods, U19 Ironwoman

Middle: Mitchell Morris, U17 Ironman

Left: Joe Collins, U19 Ironman



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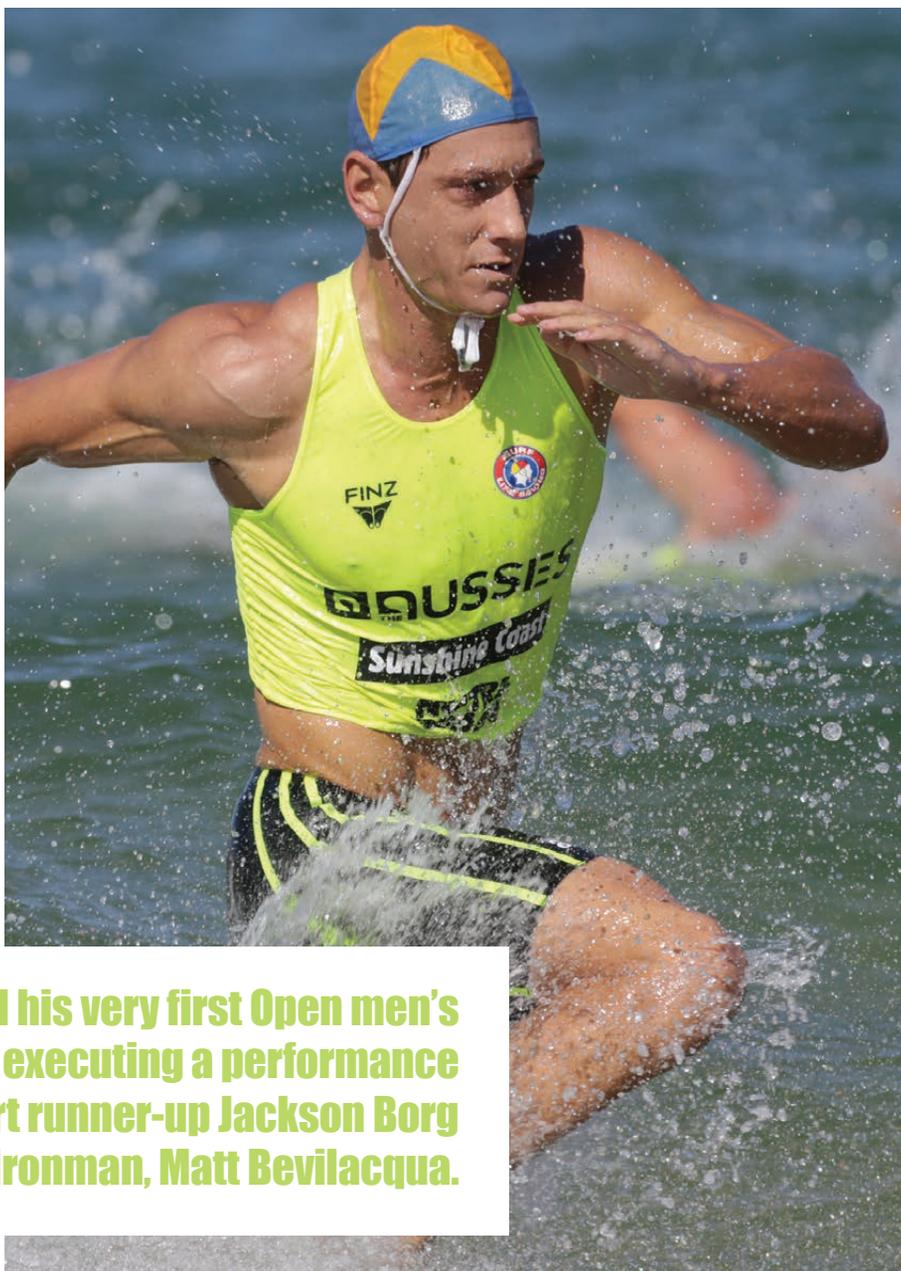
Women's Surf and Board race, before lining up to take out the Open Ironwoman, ahead of Alex Headlands Lana Rogers and Newport's Lizzie Welborn.

Not yet done, Miller will be back next year to defend her title, but for now, it's time for a little rest and recovery.

"I'll defiantly be back next year to go for a third title, but for now I'm going to enjoy the sleep in's while I can!"

In the Under 19 Women's, Alex Headlands Emma Woods took the honours, with Northcliffe's Lucy Derbyshire and Swansea Belmont's Bella Williams rounding out the podium.

Jamie Perkins stood at the top of the podium once more with North Bondi's Lily Finati claiming second ahead of Burleigh Heads Mowbray Parks Lily O'Sullivan in the Under 17 Ironwoman.



Ali Day claimed his very first Open men's Australian Ironman title, executing a performance too strong for Newport runner-up Jackson Borg and Northcliffe Ironman, Matt Bevilacqua.

Northcliffe's rising star Joe Collins claimed the Under 19 Ironman title ahead of Newport's Zach Morris, with club mate Kaan Karadag in third.

In the Under 17 Ironman, Newport's Mitchell Morris was too strong for Maroochydore's Joe Piper, while Currumbin Viking Callum Brennan took home his second individual medal with third. ■



Top: Ali Day

Right: U19 Iron, so many close finishes with sprints to the line



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highlights



SWIM

“ It feels amazing to do the triple! ”

Taking home three individual championship titles, anchoring both the Under 17 and Open female surf teams, moving clubs and balancing her schooling, Northcliffe athlete, Jamie Perkins achieved an incredible feat.

Completing her first year in the Under 17 age category and claiming victory in the Board, Swim and Ironwoman events, Perkins couldn't be happier!

“It feels amazing to do the triple!” she said.

“Especially being in the first year of the Under 17 age group.”

Swimming under Janelle Pallister and board training in conditions similar to those served up for the championships, Perkins was pleased with her achievements, she had earned them.

“I personally enjoyed the conditions, it meant there wasn't a lot of jaggging, it showed everyone who had done the work or not.”

Securing her Australian Surf Race title ahead of Burleigh Heads Mowbray

Parks Lily O'Sullivan and Noosa Heads Finella Gibbs-Beal, Perkins incredible ability and work ethic shone through as she anchored the Under 17 Northcliffe surf team before stepping up into the Open Women's category!

In the Open Women's Surf Race, Georgia Miller proved too strong for ▶



Top: Jamie Perkins

Right: Bella Williams



ENGINE





teammate Laura Taylor, with Manly's Naomi Scott taking home third.

Swansea Belmont's Bella Williams took out the Under 19 Female Surf Race while Manly's Maddison Ward and Alex Headlands Emma Woods secured the minor placings.

In the men's Noosa Heads swimmer, Nicolas Solman went back-to-back, claiming his second Australian surf race title, ahead of Maroochydore's Hayden Cotter and Northcliffe athlete, Bailey Armstrong.

Noah Steiner of Wanda took out the Under 19 Men's Surf Race, with Maroochydore's Samuel Short and Trigg Island's Will Savage rounding out the podium.

Warilla Barrack Point got up in the Under 17 Men's Surf Race with young gun Bailey Kretevski claiming victory ahead of Currumbin Viking Callum Brennan and Maroochydore's Sam Harris. ■



Noah Steiner



Bailey Kretevski



JOE COLLINS



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TAJ ANDREWS

In a tight but tactical performance, North Bondi's Jackson Collins cemented his name in the history books, claiming his first Australian Open Single Ski Title.

Building through the week with flat and fast conditions on offer, Collins knew what he had to do to perform on finals day.

"I had a race plan; it was going to be the same if it was flat or not for me," he said.

"I knew I wanted to get to the first can first and I planned to do whatever I had to, to make sure that was the case."

Powering home from the final turn, Collins battled the final fifty metres against eventual runner up Mitchell Trim, with Newport teammate Max Brooks claiming third.

"It had been a dream of mine since 2015," he said.

In the Open Men's Ski Relay final Avoca Beach proved untouchable, taking back-to-back titles with Olympic duo, Riley Fitzsimmons and Lachlan Tame, teaming up once more with Peter Mitchell to finish ahead of Northcliffe's Hynard, S. Norton and T. Norton with Newport's Trim, Rees and Brooks taking the minor placing.

The Open Men's Double Ski did not disappoint! Lead by crowd favourite and ski guru Trimmy, Newport charged through the finishing flags to secure first, second and third. ▶



Above: Mitchell Trim and Luke Jones

Below: Jackson Collins

“ **The best part about winning the gold with my best mate was the journey that we took to get there.** ”

SKIS





Making history in what was one of the biggest moments on the beach, Trim, along with his best mate and doubles partner Luke Jones claimed victory ahead of clubmates Jakee Rees and M. Brooks, with head ski coach Luke Morrison teaming up with Greg Tobin to take third.

Living in separate states, travelling to and from one another and with limited doubles training, for Trim and Jones it wasn't all about the triumphant win, but the journey they have had to get there.

"The best part about winning the gold with my best mate was the journey that we took to get there," Trim said.

In the women's event, Northcliffe pair McKenzie and Laird took honours ahead of Bulli's Minogue and Locke, with Northcliffe's Duffy and Roberts also taking third.

McKenzie teamed up with Hynard to takeout the Open Mixed Double Ski. Trim and Smith claimed second with North Bondi's Massie and Collins in third.

In the Under 19 Men's Single Ski Fletcher Armstrong flew the flag once more for Avoca Beach with Swansea Belmont's Josh Murphy and Manly paddler Max Morgan rounding out the podium.

Northcliffe claimed first and second place in the Under 19 Men's Ski Relay with Meehan, Karadag and Collins finishing ahead of clubmates Chamberlain, Scott and McMenamin. Swansea Belmont's Rees, Murphy and Connolly took third.

Newport young gun Bailey Clues claimed victory in the Under 17 Men's Single Ski while Northcliffe's Flynn Basalo secured himself runner up ahead of yet another Avoca Beach paddler, Ziko Vesely. ▶





THE AUSSIES



In the women's arena Jemma Smith proved too strong for Northcliffe powerhouse Danielle McKenzie, while Wanda paddler Georgia Sinclair rounded out the podium.

Northcliffe B caused an upset taking the honours in the Open Women's Ski Relay. Miller, Sculley and Duffy out paddled Newport trio, Smith, Welborn and Taurins, while Northcliffe A team; McKenzie, Laird and Roberts finished in third position.

Once more, Newport stood on the top of the podium in the Under 19 Women's event with Sacha Taurins claiming her first Australian title.

In the Under 19 Women's Ski Relay Alex Headlands team of Rolston, Halliday and Woods were too strong for Johnson, Manning, and Williams of Swansea Belmont, with Manly's Walters, Garrett and Harrison securing third.

In the Under 17 Women's Natalia Drobot continued to display phenomenal strength from Avoca Beach claiming victory ahead of Mooloolaba's Kate Regan and Seacliff's Chelsea Jentz.

Burleigh Heads Mowbray Park rising stars, Cross, Meehan and O'Sullivan took the honours in the Under 17 Women's Ski Relay with Sunshine Beaches Tolano, Smith-Welch and Otto finishing just ahead of Avoca trio, Ayres, Cracknell and Drobot. ■



Left: Jemma Smith

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BOARDS

In a swift sprint up the beach Saxon Coates claimed his first Australian Under 19 men's board title.

Crossing through the finishing flags saw the Swansea Belmont athlete overwhelmed with emotion and satisfaction.

"The best moment on the beach was the self-fulfilment after the race," Coates said.

"The emotion from my close friends and family, I can admit that there was a tear or two coming from me!"

Sitting in the lead pack and racing around the buoys, it hit Coates that after countless sessions in the lead up to the Aussies that he had very few minutes of paddling to go if he wanted to secure himself the Australian title.

"It was at that moment I realised I only had around 1-2 minutes of hard paddling until I was across the finish line," he said.

"Toward the end of the race there was a little wave that came through with me and three other competitors, it was at that single moment I knew I was about to become the Australian board champion." ▶



“The emotion from my close friends and family, I can admit that there was a tear or two coming from me!”



In an Aussie final, crowned the Under 19 board champion, Coates couldn't be happier.

“It feels fantastic, to have accomplished an Australian title, especially against competition that is always too close to call a consistent winner all the time, it's unexpected yet so rewarding!”

Finishing runner-up to Coates was Northcliffe athlete Miller McQuitty-Brown with Trigg Island's Patrick Eley in third.

Making a decision to head south on his return to the beach saw Northcliffe's Matt Bevilacqua claim his first Australian Open men's board title! Bevilacqua finished ahead of Surfers Paradise Ironman Ali Day, with Redhead's Justin McMorland taking home third.

In the Under 17 men's, Swansea Belmont stood at the top of the podium once more with Flynn Hamilton out paddling Maroochydore's Joel Piper and club mate, Kurt Murphy.

In the women's arena, Georgia Miller flew through the finishing flags to claim her second individual victory of finals day ahead of training partner Danielle McKenzie and Newport's Lizzie Welborn.

Southport's Brodee Trinca claimed victory in the Under 19 Women's event ahead of Alex Headlands Ironwoman Emma Woods and Swansea Belmont's Bella Williams.

Northcliffe rising star, Jamie Perkins also claimed her second victory of finals day with clubmate Claudia Bailey and Burleigh Heads Mowbray Parks Lily O'Sullivan rounding out the podium in the Under 17 Women's board final. ■

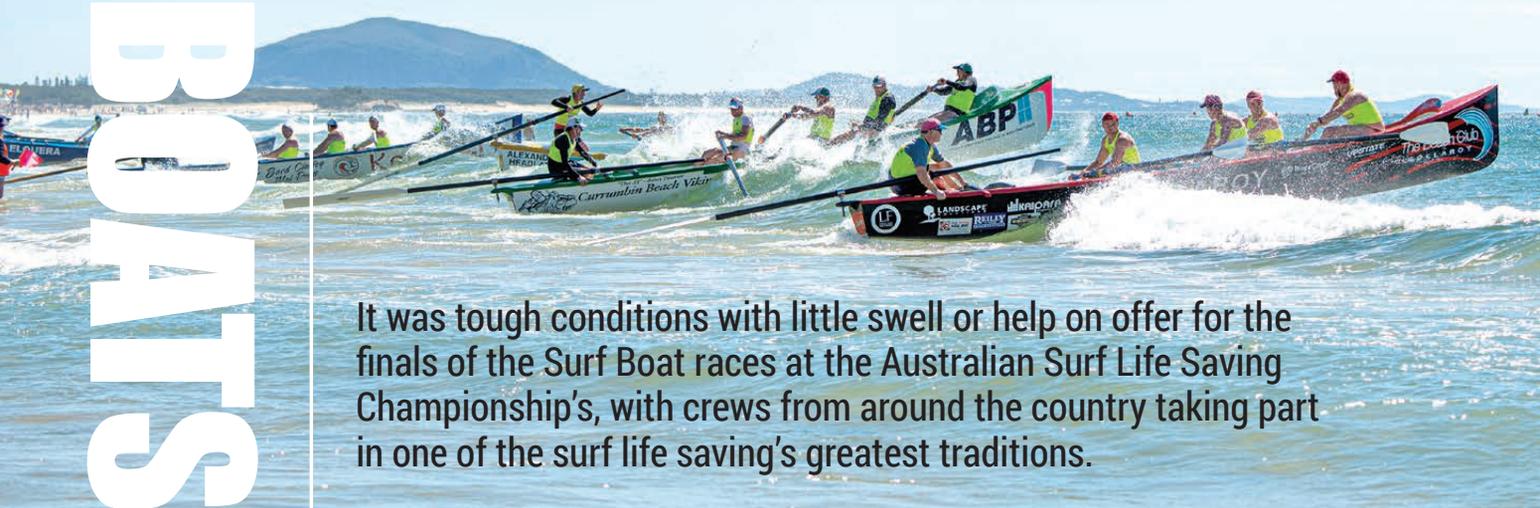
Top: Saxon Coates

Middle: Brodee Trinca

Left: Matt Bevilacqua

highlights

BOATS



It was tough conditions with little swell or help on offer for the finals of the Surf Boat races at the Australian Surf Life Saving Championship's, with crews from around the country taking part in one of the surf life saving's greatest traditions.

U19 Women's

South Curl Curl lead the start with just a nose in front to the cans setting the pace for the rest of the race, but there was nearly nothing in it until South Curl Curl picked up a small runner to edge themselves ahead of local's Maroochydore to take the Aussies Gold.

Maroochydore took out silver with Noosa Heads in third.

- 1 – South Curl Curl Humps and Bumps
- 2 – Maroochydore Mung Beans
- 3 – Noosa Heads Kookaburras
- 4 – Dicky Beach Dandelions
- 5 – South Curl Curl Booties
- 6 – North Cronulla BOFs



U19 Men's

Bulli and Maroochydore were off to a screaming start, with locals Maroochydore pulling away from the pack as they sped towards the turning cans. South Curl Curl put the pressure on Maroochydore inching closer and closer but ultimately it was Maroochydore who took out the Aussie title in front of a home crowd.

South Curl Curl placed in second while Bulli came in third.

- 1 – Maroochydore Force
- 2 – South Curl Curl Underdogs
- 3 – Bulli Gold
- 4 – Avalon Beach Huey
- 5 – Currumbin Wulfings
- 6 – North Cronulla Bung Holes ▶





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Open Men's

The Open Men's final was unable to be split with the top five boats crossing the line all within metres of each other. In another win for South Cur Curl the team just edged out Bateman's Bay and Bulli in second and third respectively.

- 1 – South Cur Curl Death Riders
- 2 – Batemans Bay
- 3 – Bulli Gold
- 4 – St Kilda Angry Otters
- 5 – Lorne Chops
- 6 – Corrimal Black

U23 Men's

It came down to two Sydney Northern beaches crews in the U23 Men's final between South Cur Curl and Palm Beach, with Palm Beach turning first around the cans. But taking inspiration from their Open Men's crew, the South Cur Curl crew powered home to edge out Palm Beach in second and North Cronulla in third.

- 1 – South Cur Curl Lamp
- 2 – Palm Beach Plumbers
- 3 – North Cronulla Purds
- 4 – Elouera
- 5 – Wanda Weapons
- 6 – Northcliffe Hurricanes

U23 Women's

In the Women's U23 race it was hard to ignore the reigning 2019 U23 Champions from Newport who looked strong throughout the entire race.

Crews from Dicky Beach and Palm Beach kept the Newport team on their toes throughout the race, but ultimately the title was won by Newport taking back to back championships, with Dicky Beach in second and Palm Beach in third.

- 1 – Newport Thunder
- 2 – Dicky Beach Tooshies
- 3 – Palm Beach Panthers
- 4 – North Bondi Shredders
- 5 – St Kilda Salamanders
- 6 – Currumbin Cannons ▶



Reserve Men's

In the Reserve Men's race it was a battle for first with Maroochydore and Elouera crew neck in neck and unable to be split.

However, it was the Elouera Wilko's swept by veteran sweep Grant Wilkinson who ultimately took out the Reserve Men's Aussies title, with Batemans Bay in second and Maroochydore in third.

- 1 – Elouera Wilko
- 2 – Batemans Bay 3M Flatties
- 3 – Maroochydore Bin Chickens
- 4 – Collaroy Knights
- 5 – Currumbin Pillagers
- 6 – Collaroy SOBs

Reserve Women's

For the Women it was QLD State Champions Currumbin who led from the get go, and put lengths between themselves and the rest of the field adding an Aussie title to their State title.

Bateman's Bay followed up in second while the team from Tugun came across in third position.

- 1 – Currumbin Concords
- 2 – Batemans Bay Phoenix
- 3 – Tugun Mums and Bubs
- 4 – Noosa Heads Bowerbirds
- 5 – Windang Wenches
- 6 – Alexander Headlands Dusty Hill Wines

Open Women's

It was hard to split the first four boats in the Open Female with Currumbin and Bateman's Bay hitting the turning cans first ahead of Mooloolaba. But it was the Currumbin team who made it a double for the Gold Coast club splitting from the pack with just 10 strokes to go ahead of Bateman's Bay in second and Mooloolaba in third.

- 1 – Currumbin Cockatoos
- 2 – Batemans Bay Baguettes
- 3 – Mooloolaba Mavericks
- 4 – Noosa Heads Chums
- 5 – Portsea
- 6 – Lorne Edge



Editors Note:

Everyone knows I just LOVE boats, however this year's Aussies was one of the flattest I have ever seen which of course makes for great racing with every finish a close one but waving a camera round when it's that flat is hard work making it look good but the club and crew celebrations certainly made the day amazing! ... Harv ■

- Top: Open Women's - Currumbin Cockatoos and some very excited Vikings*
- Above left: U19 Men's - Maroochydore Force*
- Above right: Open Men's - South Curl Curl Death Riders*
- Left: U19 Women's - South Curl Curl Humps and Bumps*

highlights

Never phased by the competition, star beachie Sam Zustovich proved that he is too quick off the mark, taking out both the Open and Under 19 Men's Beach Flags.



flags | 2k run | sprints

"I have never been scared of the bigger boys as I know I have strengths that work in my favour and I have always trusted that I have done the work," he said.

Taking the honours in both flag events as well as the Under 19 sprint title, Zustovich was not only there to enjoy the competition but, the whole Aussies experience with his Mollymook club mates.

"Aussies is the best time of the year and the Mollymook crew was the biggest it's been in years, so I just wanted to enjoy the time with my team rather than overthink my racing."

Claiming victory in the Open Men's Beach Flags ahead of Northcliffe's Jackson Symonds,

the pair worked together until the final flag stood.

"I respect Jackson a lot and we worked together throughout the competition, discussing tactics, and looking out for each other," Zustovich said.

The pair finished ahead of Newport's Jake Lynch.

Symonds made his mark claiming a back-to-back victory in the Open Men's Beach Sprint ahead of Alex Headlands Conor Loughnan and Wanda's Jamee Smith.

In the Under 19's Men's Noosa Head's Kai Thompson and Kurrawa's Fraser Toon rounded out the podium in the beach flags, with Grange competitor Kian Bird claiming runner up in



Top: Sam Zustovich

Above: Kiara Rychvalsky

the beach sprint with Toon again in third.

Cronulla's Ave Haslam was too quick on the sand for Elouera's Peter Thoroughgood and Seacliff's Joseph McKinnon in the Under 17 Men's Beach Sprint.

Thoroughgood turned the tables in the beach flags, claiming victory ahead of McKinnon and Haslam.

Currumbin Vikings Elizabeth Forsyth and Chelsea Lane were firing in the Open Women's Beach Flags. Forsyth securing herself the Open women's flag title ahead of Lane, with Mollymook's Payton Williams claiming third.

All the way from West Aus, City of Perth sprinter Sophie Watts was too quick for Newport's Kristie Edwards and Kurrawa's Chloe Mannix-Power in the Open Women's Beach Sprint.

Cronulla's Under 19 female competitor, Isabellah Walker took the honours in both the beach flag and beach sprint!

Walker finished ahead of Grange's Liana Channon and Alex Headland's Mis McWilliam in the flags, with Northcliffe beachie Stephanie Welsh and Seacliff's Cloe Griffiths rounding out the beach sprint podium.

In the under 17 Women's Beach Flags, Maroochydore's Kiara Rychvalsky claimed victory ahead of North Cronulla's Lucy Flanagan and Terrigal's Emeyln Wheeler.

Wheeler was too quick in the beach sprint, with Wanda's Zara Lammers taking runner-up ahead of Somerton's Jordan McMillan. ▷



Top: Elizabeth Forsyth
Middle left: Jackson Simons
Middle right: Ace Haslam



The 2km beach run saw Wanda's Ali Najem and Chloe Gentle claim victory in both the Open Men and Open Women's event. Najem claimed defended his title ahead of Tallebudgera's Samuel McAuliffe and Cronulla's Nathan Breen. Gentle outran North Bondi's Rique Mirochink with clubmate, Jessie Phelps in third.

McAuliffe and Phelps took out the Under 19 men and women's event respectively.

The Under 17 Men's event saw Coogee's Bailey Habler prove to be quick for Southport's Lachlan Free and Coffs Harbour athlete Hudson Barry.

Cudgen Headland's Olissa Onley claimed her first Australian Title in the Under 17 Female event, finishing ahead of North Bondi's Sophie Ferenczi and Northcliffe's Eva Parish. ■



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highlights

TEAMS

In the final event of the titles, North Bondi put on a show taking out the Open Men's Taplin in a display of up-and-coming talent and determination!



Swansea Belmont - Under 19 Women's

Anchored by Open ski champion, Jackson Collins, North Bondi's Verco, Havard, Braun, Poort and Weiland claimed an incredible victory ahead of Northcliffe's Poole, Bevilacqua, Armstrong, T.Norton, S.Norton and Rees. Newport's C.Brooks, M.Brooks, Morris, Borg, Rim and Rees took third.

In a tight battle from the gun, North Bondi's team individually executed their best personal performances before Collins flew home in the final ski leg to secure their win.

"Our Taplin is really special because we have all had some of our best

performances as individuals within the Taplin race," said Collins.

"We love being a part of that team, it makes it so special when you all do it for each other and get a result like that at Aussies!"

Maroochydore's Palmer, Monaghan and Short took the honours in the Under 19 Men's event with Swansea Belmont's Stoddart, Taylor and Murphy finishing strong ahead of Newport's Morris, Newling and Kaye.

In the Under 17 Men's Newport proved too quick with Clues, J. Morris, and M.Morris taking home

North Bondi - Open Men's Taplin



“ We love being a part of that team, it makes it so special when you all do it for each other and get a result like that at Aussies! ”

the gold ahead of Swansea Belmont’s Hamilton, McGregor, and Murphy. Maroochydhore’s Piper, Magnussen and Kimmins rounded out the podium.

Northcliffe’s dominating trio of Miller, Sculley and McKenzie took out the Open Women’s Taplin, while Newport’s Smith, Doyle and Welborn claimed runner up. Massie, Clark, and Short of Maroochydhore took home third.

In the Under 19 Women’s event Swansea Belmont stood at the top of the podium with Campbell, Williams, and Johnson too strong for Newport’s Doyle, Taurins and Louw. Manly’s Garrett, Ward and Piper took home the bronze medal.

Dominating once more Northcliffe took out the Under 17 Women’s Taplin with Perkins, Bailey, and Findlay proving too quick. North Bondi’s Stokes, Finati and Hughes rounded out the minor placings with Avoca Beach athletes Ayres, Cracknell and Drobot claiming third.

Newport took the honours in the Open Men’s Board Relay with Brooks, Borg and Morris proving too fast for Burleigh Heads Mowbray Park’s Johns, Fletcher, and Engel. Surfer’s Paradise took third with Beatie, Dixon and Day.

Flying the flag for Swansea Belmont saw McGregor, Stoddart and Taylor claim victory in the Under 19 Men’s Board Relay. Surfers Paradise’s Dixon lined up once more with Askew and Vernon to claim runner up, while Newport’s J.Morris, M.Morris and Z.Morris finished in third.

Doing the double, Swansea Belmont’s Hamilton, McGregor and Murphy

Northcliffe - Open Women’s Taplin



THE AUSSIES

also took the honours in the Under 17 Men’s Board Relay. Terrigal’s R.Green, N.Green and Baker finished in second with North Bondi’s Christensen, H.Clothier and T.Clothier in third.

In the Open Women’s Board Relay, the Northcliffe trio of Miller, Sculley and McKenzie secured yet another title ahead of Surfers Paradise’s Hancock, Nurthen and Newson. Newport’s Welborn, Smith and Spencer claimed third.

Southport’s Davies, M.Trinca and B.Trinca powered home to take gold in the Under 19 Women’s Board Relay

ahead of Maroochydhores Stitt, Warren and Stark. Alex Headland’s Rolston, Halliday and Woods claimed third.

In the Under 17 Women’s board relay North Bondi’s Finati, Hughes and Roberts were too quick in finishing ahead of Sunshine Beach team Tolano, Smith-Welch and Otto with Burleigh Heads Mowbray Park’s Cross, Meehan and O’Sullivan took home third.

The Open Men’s Surf Teams saw Maroochydhore prove too strong with Palmer, Magnussen, Cotter and Short too quick for Northcliffe’s Poole, Clout, Armstrong, and Allan. Day, Hendy, ▶

Maroochydhore - Open Men’s Surf Team





Gray and Askew of Surfers Paradise came home in third.

Having claimed gold in the individual surf race, Wanda's Noah Steiner teamed up with Middleton, Jay, and Dixon to take out the Under 19 Men's Surf Teams ahead of Newport team, Melbourn, M.Morris, Z.Morris and Kaye. Northcliffe took third with Collins, Parish, Scott and McMenamin.

In the women's event, Jamie Perkins anchored her Under 17 Northcliffe surf team to claim another victory with teammates A. Bailey, C. Bailey, and Day. North Bondi's Ferenczi, Stokes, Finite and Hughes took second, with Bulli's Du Luiis, Locke, Jones and Holmesby in third.

Northcliffe stood at the top of the podium once more with Derbyshire, Tazaki, Day and Allred taking out the Under 19 Surf Teams, ahead of Alex Headlands Hamilton-Moss, Rolston, Halliday, and Woods. Manly's Walters, Garnett, Singleton and Ward took third.

Perkins joined Northcliffe swim stars Miller, Taylor, and Armstrong to take another clear win in the Open Women's. Smith, Welborn, Spencer and Doyle of Newport rounded out the podium ahead of Northcliffe B team, Dunn, Thomson, Allred and Crisp.

On the sand, Wanda's Lewis, Beranek, Karagiannis and Smith teamed up to take out the Open Men's Beach Relay ahead of Sheffield, Atkins, Bird and Dunlop of Grange. Alexandra



Headland's Loughnan, Farrelly, Gigney and Innes finished in third.

North Cronulla's Rampoldi trio teamed up with Flanagan to take a clear win in the women's event. Grange's Openshaw, Schewerdt, Channon and Messent took home the silver with Carty, May, Spencer, and Phillips from Hampton rounding out the podium.

Alex Headland Under 19 Men's team claimed victory with Brown, Gigney, Innes and Fabiani running away from Mollymook young guns: Bridges, Steward, L Sommers and B Sommers. Seacliff's Luscombe, Cederblad, Quarishi-Taylor and Egan-Meier took third.

Elouera's Tougher, Salib, Rogers and Wardrobe were too quick in the Under 19 Women's event. Jones, Welsh, Keeble, and Kett from Northcliffe joined Jones, Joy, Farland and Agnew

to round out the podium placings.

In the Under 17 Men's event Cronulla's Tattam, Popovic, Geronimo and Haslam flew across the sand to pip Mollymook's Steward, L Sommers, B Sommers, and Neall. Northcliffe team of Lunardelli, Hutchen, Ward and Brown claimed third.

Mollymook claimed another victory with Jones, Joy, Farland and Agnew taking out the Under 17 Women's event. To round out the podium, Somerton's Window, Rouvray, McMillan and Caralaw finished ahead of Elouera's Randazzo, Rogers, Wardrobe and Hanna. ■

*Top: Wanda - Open Men's Beach Relay
Above: Maroochydore - Under 19 Men's Taplin*

highlights

Year after year they just keep coming back to the start line!

Inspiring the youth, overcoming injuries, and maintaining fitness, the Aussie Masters competition realm is stronger than ever with athletes of all ages, abilities and aspirations leading by example.



MASTERS

Since the introduction of Masters to the Aussies in the early 1990's, Tasmanian Ironman Don Marsh has been a regular competitor with countless appearances on the podium.

Claiming another victory in the men's 70-74 Ironman, not even the cool Tassie winters deter him from chasing success.

"It can be tough at times, but you need to look at what we have and adapt," Marsh said.

"Around Hobart we have some of the best places to paddle, in almost all conditions."

At the forefront of Surf Lifesaving in Tasmania, Marsh and his fellow masters are guiding the way for today's youth with the inclusion of masters events at each state-wide carnival.

Joining an array of incredible past and present athletes, Marsh finds himself lining up year after year to execute a good race, but more importantly, to delve into a week that he says, is Aussies.

Kendrick Louis



"Mentoring the younger members, encouraging other masters, maintaining fitness for patrol and most importantly, to have fun."

In the 30-34-year category, Kurrawa's Bonnie Hancock claimed victory in the Ironwoman, Single Ski and Surf Race while Manly's Rachael Crerar took home gold in the board.

Kendrick Louis made his first master's appearance, waving the Manly flag with a win in the 30-34 years Ironman.

Terrigal's Hayden Smith took the honours in the 35-39 years Ironman and Surf Race with Burleigh Heads ▶

Don Marsh



“ Mentoring the younger members, encouraging other masters, maintaining fitness for patrol and most importantly, to have fun. ”



Laura Thurtell



Bonnie Hancock



Marty, Grant Kenny and Greg Lemarnsey

Mowbray Parks Nadine Canning proving too strong in the women's. Canning took home gold in the board, Ironwoman and swim with Northcliffe's Lee Vrolyks too quick in the Single Ski.

Bondi's Laura Thurtell stood out in her age category where she claimed victory in the Surf Race, Single Ski and Ski Relay, while Noosa Heads athlete, Alison Pegg once again took home gold in the Ironwoman.

In the men's 75yrs and over a large field saw Northcliffe's Allan Nicholls take out the board, Tacking Points Peter Hennessey claim victory in the



Ironman, North Bondi's John Cahill too quick in the Single Ski and Bondi's Cyrill Baldock on top of the podium for the Surf Race!

Taking out the 50-55 years Surf Race, Terrigals Paul Lemmon teamed up with Hall and Smith to take out the 130 years Taplin.

In the Women's 130 years Bondi trio, Nagy, Myers, and Santos were too quick in the Board Relay, with Pope, Thurtell, and Tschaut claiming victory in the ski.

Alex Headlands Lemarseny, Kenny and Kenny took the honours in the 150 years Single Ski Relay. ■





Lining up at his first Australian Titles, Alex Walker did not expect to walk off the beach with three individual titles to his name!

“ Although at the time it didn’t register how big of an achievement it was, it is now starting to sink in. ”



THE AUSSIES
 AUSTRALIAN SURF LIFE SAVING CHAMPIONSHIPS
 SUNSHINE COAST, QUEENSLAND • 16 APRIL – 24 APRIL 2017

highlights

Claiming gold in the Under 14 Men’s Swim, Board and Ironman, Walker has been in disbelief.

“It is just such a surreal feeling,” he said. “Although at the time it didn’t register how big of an achievement it was, it is now starting to sink in.”

The Cooks Hill young gun planned to just get amongst the competition and give it his best shot.

“I just planned to go out and race the best that I could,” he said. “Putting myself in the best position I could to win, knowing that is all that I could do.”

Although he gained a little confidence from his victory in the swim and board race, the Ironman delivered both pressure and excitement for the rising star.

“It gave me confidence that I could do it but, in that sense, also made me feel like I had lots of pressure on me.”

Securing his third individual title with a victory in the Ironman, Walker’s teammates couldn’t have been prouder.

“The best moment on the beach for me was after the Iron when the rest of my Cooks Hill teammates ran down onto the beach to celebrate with me.”

In the Under 14 Men’s Ironman Walker finished ahead of Redhead’s Brodie Wright, with Maroochydore’s Byron Dieckmann claiming third.



Ky Hurst

leading
the way in the
future of
Surf Sports

144 HURST

SPECIALISED TRAINING

Bringing clubs a brand-new platform, athletes greater opportunity and cementing the culture of Surf Lifesaving Australia wide, this exciting new venture will see clubs retaining their youth, improving physical performance and individuals overall well-being.

WATCH THIS SPACE for the start of a new era or jump online and checkout **KYHURST.COM** for what's to come in 2021.

Rounding out the podium in the board saw Redhead paddler Kane Edwards secure runner-up ahead of Swansea Belmont's Samuel Murphy.

In the Under 14 Female arena, Dominique Melbourn flew the flag for North Curl Curl in the Ironwoman with Redhead's Tully Elliot and Tugun's Allie Hughes taking the minor placings.

Hughes claimed victory in the board event with Burleigh Heads Mowbray Parks Ava Usher and Lennox Head Alstonville's Niamh Sharpe rounding out the podium.

In the surf race Skye Hackshall proved too strong for Melbourn, with Alex Headland's Serena Bond in third.

Fletcher warn claimed victory in the Under 15 Men's Ironman with Newport athlete Conner Maggs in second. Warilla Barrack Point's Jackson Walsh took third.

Tannum Sands secured their first youth medal for the titles with Taj Andrews securing a win in the board event ahead of Cooks Hill's Sidney Forbes and Swansea Belmont's Ethan Hamilton.

Maggs claimed his first victory in the surf race with Currumbin Viking Riley Brennan and Warn rounding out the placings.

Northcliffe rising star, Cyra Bender secured herself an Australian title claiming victory in the Under 15 Female Ironwoman ahead of Swansea Belmont's Zara Foran and North Burleigh's Jasmine Rayward.

Foran proving too quick in the board race, finishing ahead of Metropolitan Caloundra's Eva Ashworth and Shelly beach athlete, Elizabet Shearer.

Burleigh Heads Mowbray Park's Jayda Kempton took the honours in the surf race with Metropolitan Caloundra's Lucia Richards and Bender rounding out the minor placings.

On the beach Port Elliot's Harry Pearce claimed victory in the Under 14 Men's Beach Flags ahead of North Cronulla's Kobie Sorensen and Cudgen Headland's Deacon Streader. ▶



Top right: Allie Hughes

Middle right: Tannum Sands and Taj Andrews

Bottom right: Lily Alford and Harry Pearce





Sorensen took the honours in the beach sprint with Pearce claiming runner-up. Metropolitan Caloundra's Clay Andrews claimed third.

Tweed Heads Coolangatta's Lily Alford and Wanda's Keira Vincent battled it out on the sand in the Under 14 Female Beach Flags and Beach Sprint.

Alford was too quick in the flags with Vincent and Noosa Head's Sarya Eades taking the minor placings.

Vincent took the honours in the beach sprint ahead of Alford and Tweed Heads Coolangatta teammate, Caillie Eriksen.

Maroochydore's Tom Johnson claimed victory in the Under 15 Men's Beach Flags ahead of Surfers Paradise athlete Jett Milford-Ferguson and Quinns Mindarie's Tana Wesley.

Coogee's Luke Avati proving too quick in the Under 15 Men's Beach Sprint with Alex Headland's Will Kruger and Johnston rounding out the placings.

Currumbin Viking Britney Ingr took out both the Under 15 Female Beach Flags and Beach Sprint!

Northcliffe's Zara Richters and South Maroubra's Ruby Gray rounded out the podium in the Beach Flags while, City of Perth's Megan McCaffrey and Coogee's Eden Levit took home second and third in the Beach Sprint. ■



DUSSIES

SILVER SALTIES



Fun, fitness, and friendship for older Aussies!



Silver Salties is engaging older Aussies at our clubs through physical activity and social connection programs.

Silver Salties is a Surf Life Saving Australia initiative, delivered by clubs and funded by Sport Australia's Move It Aus. – Better Ageing Grants Program. Clubs can access support resources, including grants, to deliver one or more of the 20 Silver Salties programs on offer at the park, clubhouse, beach, pool, and surf based on club capacity and context, and participant interest.



PARK



CLUBHOUSE



BEACH



POOL



SURF

All participants, under and over 65 years, are welcome.

JOIN THE MOVEMENT TODAY!

Go to www.sls.com.au/silver-salties/ to register for Silver Salties.

For more details, email the Silver Salties team at silversalties@slsa.asn.au



Silver Salties in Action

Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program.

Silver Salties includes 20 accessible, friendly, and safe programs at the park, clubhouse, beach, pool, and surf which cater for older Australians regardless of their age, weight, mobility, fitness, and experience. Over 1,100 older Australians across 30 Surf Life Saving Clubs around the nation are reaping the rewards of participating in Silver Salties.

Binningup SLSC, WA

The first ever Silver Salties group in Western Australia was established by Binningup SLSC and was recently recognised in the 2021 SLSWA Awards of Excellence, being named the Community Program of the Year.

The Club is currently delivering three Silver Salties programs including breach fitness, surf swim group and a multi program. These programs attract over 50 older Australians to participate each week, with many of the non-member participants looking to join the club themselves.

The eldest participant is 90-years old and had the following to say about the program,

“Not just the motivation needed to

get out and keep up lifetime habits, but this program was just immense fun. A wonderful programme and I will participate as long as possible. I am 90 and love it.”

Bundaberg SLSC, QLD

The Bundaberg SLSC Silver Salties group was recently celebrated at the Wide Bay Capricorn SLS Branch Awards, being named the 2021 Community Education Program of the Year. Over 100 older Australians take part in the beach fitness and surf swim group programs that are lead by Jen Swan and the local Silver Salties group.

The local Silver Salties participants, more fondly known as the Bundy Beachbods and Bundy Buoyantbods, have enjoyed improved fitness and

social connections since joining the program. The Club has also seen an increase to the volunteer base and those wanting to undertake their SRC and BM awards. ▶



Wollongong City SLSC, NSW

The Silver Salties team of Wollongong City SLSC was recently awarded the Services Team of the Year at the Illawarra SLS Branch Awards. This Silver Salties group has worked hard to deliver three Silver Salties 10-week programs to suit a range of interests and fitness levels. These have included the walk and talk, yoga and surf swim programs, all of which have been hugely successful in the numbers of participants, as well as enjoyment.

One member of the surf swim program had the following to say

“As a younger salty and regular swimmer elsewhere, I prioritised swimming with the Salties to spend time with them. They are knowledgeable, experienced, and hilarious story tellers.” ■



PROGRAMS

Program Summaries and Session Plans for Clubs

Surf Life Saving Clubs can choose one or more Silver Salties programs to deliver based on club capacity and capability and participant interest



PARK

Walk & Talk

History & Horizons

Yoga & Mindfulness

Tai Chi & Meditation



CLUBHOUSE

Wisdom & Wellbeing

Chair Aerobics

Club Volunteering

First Aid



BEACH

Social Club

Beach Fitness

Beach Surf Sports

Patrol



POOL

Pool Swim Club

Gentle Pool Exercises

Swimming Skills

Pool Rescues



SURF

Surf Swim Group

Surf Swimming

Catching Waves

Surf Rescues

For more information about Silver Salties, including information on financial support (grants and subsidies) available to clubs please visit: www.sls.com.au/silver-salties.

By Bonnie Hancock

Accredited Practising Dietitian

How to plan your pantry during a worldwide pandemic

Following the wide spread of the COVID-19 pandemic and with restrictions and lockdowns unfortunately looking like entering our lives intermittently, eating a nutritious diet for the immune system and having an adequate access to healthy foods is now top of the priority list for majority Australians.

Many people are unsure of how to shop in these uncertain times. How do we prepare ourselves in case we need to ever a lockdown or self-quarantine for 14 days? Such events often cannot be foreseen but are part our new reality in this Covid-19 era.

Thankfully, Dietician's Australia have provided us with some excellent tips for staying safe, healthy and prepared work it comes to shopping and food preparation. I will summarise these below:

1) Shop smarter and be mindful of others

Recently, we've seen people flocking to the stores to stock up on pantry staples (and toilet paper for that matter!).

Panic-buying food places greater strain on the poorest and most vulnerable members of our community and increases the risk of food insecurity and poor health. Being sensible at the supermarket is key to looking after the health of our whole community.

Making a plan that works for your household (rather than just stockpiling lots of food) means you are well prepared. It's also more considerate of others in your community.

2) Keep it simple and make a little extra

At the moment, it's best to focus on easy recipes with simple ingredients. It is also worth cooking a little extra so you have a few meals prepared and frozen in the freezer. This helps to provide meal variety and means you have a nutritious option ready to go if you do happen to fall ill or need to quarantine.

Dietician's Australia have some great recipes for meals and snacks on their website, many of which can be easily adapted for canned or frozen goods, and can be made in batches and frozen for future use. Some examples include curries, stir-fry's, casseroles, soups and broths (which also happen to be great for gut health).

3) Use what you've got and avoid food wastage

When figuring out what meals you're going to cook, the first step is to look at what you already have. Check out what you have in your pantry and freezer and look at their use-by date. You may even be able to free up space at the back of the freezer by throwing out those 'forgotten foods' that may

no-longer be safe to consume such as dairy products, tinned fruit, vegetables meat and eggs.

Next, make a list of longer lasting and shelf stable foods from the major food groups to guide you at the supermarket. Purchase items your household will eat and enjoy, to prevent future food wastage. For canned food, check you have a working can opener or choose cans which are easily opened.

4) Eat a wide variety of foods

Eating economically doesn't mean keeping variety minimal. Try to include foods from all groups to increase intake of different vitamins and minerals and to keep food appetising. Make sure to include food from the following groups.

Fruit: Fresh fruit (choose those that last longer such as apples, bananas and citrus fruits), frozen fruits, dried fruit (eat in small amounts) and canned varieties.

Vegetables: Fresh produce (choose those that last longer, such as potatoes, onions, carrots, pumpkin, and cabbage), frozen vegetables and canned vegetables (e.g. tinned tomatoes, corn, beetroot etc).

Protein sources: Long life options include canned fish (e.g. salmon, tuna or sardines), legumes (canned or dried, nuts and seeds (including nut butters, long life milk (UHT or powdered milk)

Grains: Consider a range of grains such as rice, pasta, quinoa, cous cous, rolled oats and cereals. Freezing a loaf of bread or wraps can also extend its freshness and shelf life.

Herbs and spices: Relying on shelf-stable foods, can increase the sodium in our diet, as salt is used to help preserve foods. Having a range of herbs and spices on hand can help boost the flavour of foods without needing to extra salt

5) Keep in some foods for enjoyment

As with normal routine, in times of isolation and uncertainty, it's ok to have treat foods in moderation. Some healthier options include dark choc coated nuts, liquorice or berries, and baked goods such as banana muffins or carrot cake cake. We're better off accepting that it's ok to crave sweet or salty foods occasionally, but be organised and have options available that are better for overall health.

This pandemic calls for us to think a little differently about our food and shopping choices. By keeping it simple and using what we have in our pantry and fridge, we can ensure that we avoid food wastage and are mindful of others by not overbuying at the supermarket.

By getting creative, we can eat a wide variety of foods, even on a budget, and still include some treats-just for go for better options and eat these in moderation.

Most importantly, stay safe and look after those around you. A smile and kind word never goes astray but may be even more important in these times. See you on the beach! ■

By Nick Marshall

Surf Life Physio - www.surflifephysio.com.au

Cupping

Now that the Olympics is over and similar to an article we wrote five years ago post the Rio Olympics we can finally talk about those strange round bruises on Kyle Chalmers shoulders, similar to what we saw on Michael Phelps five years earlier.

As so many people have mentioned previously, these bruises are from an ancient, but still very popular, form of treatment called cupping.

First practised in ancient Egyptian and Chinese cultures, the oldest medical textbook, Ebers Papyrus, describes cupping being used as early as 1550 BC.

While the method has evolved, the principle remains the same. Create a vacuum with the cup and apply to the skin. This draws the skin and tissue up in to the cup, and as a result draws

fluid and blood in to this area on the surface of the skin. After leaving the cups on for 2-3 mins this can create an area of bruising. There are many theories proposed as to what the vacuum effect does to the human body. But it is genuinely accepted that it causes a localised increase in blood flow and can also assist in reducing pain.

So does cupping work?

Should you ask your treating therapist to do some cupping?

Is there any Evidence ?

As with a number of Physiotherapy interventions, or any medical interventions for that matter it is sometimes difficult to pin point success to a specific treatment session or modality. Many people and therapists will point to the fact that there may be limited available published research to highlight cupping's effect. As a result they choose to not use it as a treatment of choice and that's totally fine. The best way to think about Cupping, is as a tool within a greater physio treatment session that can add to recovery and pain modulation. A large amount of the treatment focus for athletes' injuries and recovery is based around improving circulation and the neuromodulation of pain and in these areas cupping anecdotally has certainly been shown to be successful.

It is however not a one size fits all modality and may very well not be a successful treatment technique for you. The skill of the therapist is to determine what you need and what will work for you and if that is a large amount of round bruises all over your body then that's for you and the therapist to determine. But don't take my word for it, why not try it for yourself. It's relatively inexpensive and pain free and let's be honest, nothing legitimizes your pain more than sharing the same bruises as Kyle Chalmers. ■



Ali Day is a fan of cupping



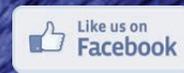
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GO YOUR OWN WAY

BETWEEN THE FLAGS



SAFE ON THE ROAD. SAFE ON THE BEACH.

The Australian spirit of fun and adventure comes alive at our beaches every day. Isuzu UTE are proud to support Surf Life Saving Australia to empower everyone to have a safe day at the beach. Please remember to swim between the red and yellow flags.

For more beach safety tips, visit beachsafe.org.au/surf-safety

To discover the Isuzu D-MAX and MU-X, visit isuzuute.com.au



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